



Republic of the Philippines  
**Department of Education**  
NATIONAL CAPITAL REGION

Advisory No. 014, s. 2024  
January 26, 2024

In compliance with DepEd Order No. 8, s. 2013  
This Advisory is issued not for endorsement per DO 28, s. 2001,  
but only for the information of DepEd officials,  
personnel/staff, as well as the concerned public.  
(Visit [www.deped.gov.ph](http://www.deped.gov.ph))

**SIHAY 2024**

The UP Cell Biological Society (UP Cells), an academic organization in the Institute of Biological Sciences, University of the Philippines Los Banos will conduct SIHAY 2024 on April 13-14, 2024.

On its 26<sup>th</sup> year, the theme “Radiant Revelation: Beaming into Biotechnology through Biphotonic” is set to transform from the virtual realm to an on-ground event, providing an immersive experience for participants.

Expected participants are high school students in private and public schools.

For more details, please contact:  
Mr. Andrey Emmanuel D. Morales  
Mobile number: 0929.828.88.71  
Email address : [sihaynbo@gmail.com](mailto:sihaynbo@gmail.com)

ORD/PAU

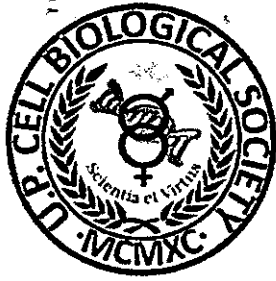
AD-2024-019



Misamis St., Bago Bantay, Quezon City

Email Address: [ncr@deped.gov.ph](mailto:ncr@deped.gov.ph)  
website: <http://www.depedncr.com.ph>

Doc. Ref. Code	RO-ORD-F001	Rev	00
Effectivity	01.26.23	Page	1 of 1



# U.P. Cell Biological Society

Institute of Biological Sciences

University of the Philippines Los Baños, Laguna, 4031 Philippines

## Executive Committee A.Y. 2023-2024

JAN CLEMENCE D. DE LEON  
**President**

AIVAN ROI O. CAMILO  
**Vice President**

JULIUS JOAQUIN M. RAFAEL  
**Secretary**

QUINTIN KARL O. CUETO  
**Treasurer**

MICHAEL ANGELO C. TOLENTINO  
**Auditor**

ANGELEEN MAE N. BATACAN  
**Internal P.R.O.**

GRAYSHE MAE G. BALANO  
**External P.R.O.**

JESSE A. CANDELARIO  
**Membership Committee Head**

ANDREY EMMANUEL D. MORALES  
**Educational Committee Head**

RYAN CHRISTIAN U. ABAYAN  
**Publication Committee Head**

January 15, 2024

MR./MS./MRS. JOCELYN DR. ANDAYA

Regional Director  
National Capital Region (NCR)

Dear Mr./Ms./Mrs. CABRAL:

Greetings of wisdom through science!

The **UP Cell Biological Society (UP Cells)** is the largest student-led academic organization in the **Institute of Biological Sciences, University of the Philippines Los Baños**. The UP Cells is recognized by the National Youth Commission, Office of Student Affairs-UPLB, and the Provincial Development Affairs Office of Laguna as an organization that promotes awareness and enthusiasm for Cell Biology among students and community members. In addition, the organization is an affiliate of the association, Biology Majors Alliance of the Philippines, which unites more than 4000 biology majors across the country.

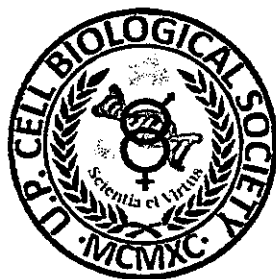
Following the success of SIHAY NBO, the organization will be conducting **SIHAY 2024** for its 26th year. "**Radiant Revelation: Beaming into Biotechnology through Biophotonics**" is set to transform from the virtual realm to an on-ground event, providing an immersive experience for participants and enthusiasts alike.

In the face of the ongoing pandemic, SIHAY NBO 2024 will stand as a beacon of resilience and commitment to fostering a deeper appreciation of Biology. This nationwide event is scheduled to transpire over **two (2) action-packed days**, offering a diverse array of activities aimed at stimulating and entralling students in the captivating world of Biology. It will consist of activities like **bio-techniques, on-the-spot poster making contest, amazing race, science feature writing contest, junior life sciences research olympiad, impromptu speaking, and national biology quiz competition** to stimulate and enthrall students in Biology.

**sihay**  
NATIONAL BIOLOGY OLYMPIAD 2024

Email: [theupcells@gmail.com](mailto:theupcells@gmail.com)

[f](#) [x](#) /upcells @ /theupcells



# U.P. Cell Biological Society

Institute of Biological Sciences  
University of the Philippines Los Baños, Laguna, 4031 Philippines

## Executive Committee A.Y. 2023-2024

JAN CLEMENCE D. DE LEON  
**President**

AIVAN ROI O. CAMILO  
**Vice President**

JULIUS JOAQUIN M. RAFAEL  
**Secretary**

QUINTIN KARL O. CUETO  
**Treasurer**

MICHAEL ANGELO C. TOLENTINO  
**Auditor**

ANGELEEN MAE N. BATACAN  
**Internal P.R.O.**

GRAYSHE MAE G. BALANO  
**External P.R.O.**

JESSE A. CANDELARIO  
**Membership Committee Head**

ANDREY EMMANUEL D. MORALES  
**Educational Committee Head**

RYAN CHRISTIAN U. ABAYAN  
**Publication Committee Head**

In light of this, the UP Cell Biological Society would like to humbly ask your office to endorse SIHAY NBO 2024, which will take place from **April 13 - 14, 2024**. An endorsement would greatly boost our event to have better attendance. Attached herewith is the primer that contains a thorough description of the event and the organization's profile for your perusal.

We look forward to your positive response in endorsing SIHAY 2024. For further inquiries, we may be contacted through **Mr. Andrey Emmanuel D. Morales** at **09298288871** or through email at **sihaynbo@gmail.com**.

Thank you very much!

Respectfully yours,

**Andrey Emmanuel D. Morales**  
Educational Committee Head

**Jan Clemence D. De Leon**  
President

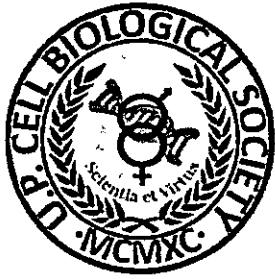
Noted by:

**Prof. Mannix S. Pedro**  
Senior Adviser

**Prof. Anna Mariel U. Toledo**  
Junior Adviser

**sihay**  
NATIONAL SCIENCE CONGRESS 2024

Email: [theupcells@gmail.com](mailto:theupcells@gmail.com)  
f X /upcells @ /theupcells



# U.P. Cell Biological Society

Institute of Biological Sciences

University of the Philippines Los Baños, Laguna, 4031, Philippines

## ABOUT THE ORGANIZATION

The **UP Cell Biological Society (UP CELLS)** is an academic organization based at the Institute of Biological Sciences, University of the Philippines Los Baños. For the past 33 years, it has been continuously aiming to stimulate awareness and enthusiasm in Cell Biology. Besides its academic aspirations, the society aims to reach out to fellow students, organizations, and serve the community.

Founded on August 9, 1990, UP Cells is currently the largest among the student organizations in the Institute of Biological Sciences and has received numerous honors for its noble principles and hard work. True to its mission and vision, the organization promises to bring Biology to a higher level through academic excellence and continuous innovation.

Beyond achieving academic excellence, UP Cells also offers a helping hand to the people through its major community service activities such as Panuluyan, a yearly visit to different caring shelters for underprivileged children, as well as the annual Medical and Surgical Missions to provide primarily medical services to underserved communities.

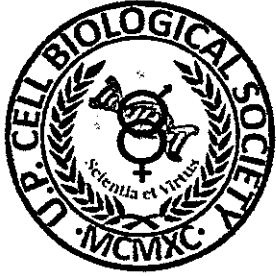
To focus on bringing biology to greater heights, the organization conducts **CELLpukan ng Talino at Galing**, a university-wide Biology quiz contest, and the annual **SIHAY National Biology Olympiad**, the organization's flagship activity and the biggest inter-high school biology competition that provides both students and teachers from various junior and senior high schools in the country with comprehensive biology-related workshops and activities. These also aim to promote significant transformation in society through working with passion in reaching its goals.

For the years to come, UP Cells shall pursue its ideals with passion and virtue, enlightening the minds and hearts of its affiliates and entrants through Biology, all for the Filipino and the youth community.

**sihay**  
NATIONAL BIOLOGY OLYMPIAD 2024

Email: [theupcells@gmail.com](mailto:theupcells@gmail.com)

  /upcells  /theupcells

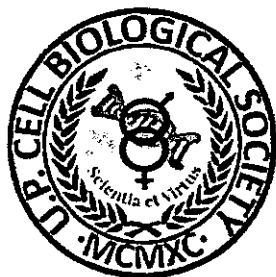


# U.P. Cell Biological Society

Institute of Biological Sciences  
University of the Philippines Los Baños, Laguna, 4031 Philippines

## ORGANIZATIONAL PROFILE

Organization's Name:	UP Cell Biological Society
Description:	The UP Cell Biological Society, or UP Cells, founded on August 9th, 1990 by 54 charter members, is a duly recognized academic organization exclusive for Biology majors. It is based at the Institute of Biological Sciences (IBS), University of the Philippines Los Baños.
Founding Year:	1990
Tagline:	We don't just exist. We excel.
Current President:	Jan Clemence D. De Leon
Objectives:	The organization aspires to produce erudite and intellectual young citizens and to inculcate the values of biology in profession and application.
Organizational Email Address:	theupcells@gmail.com
Online Portals:	facebook.com/upcells/ twitter.com/upcells/ instagram.com/theupcells/



# U.P. Cell Biological Society

Institute of Biological Sciences

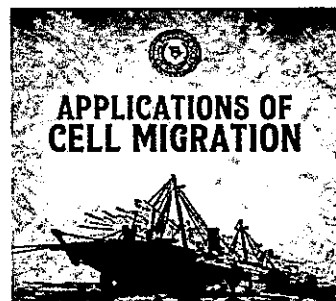
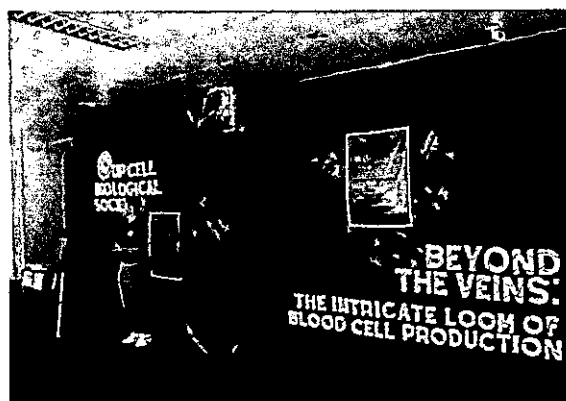
University of the Philippines Los Baños, Laguna, 4031 Philippines

EVENTS AND ACTIVITIES

## ANNIVERSARY WEEK

### Exhibit Week

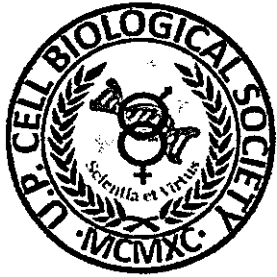
An unveiling of current and opportune quantum leaps in Cell and Molecular Biology is presented through artistic figures, designs, and infographics. Audiences can immerse themselves in the tangible experience of exploring scientific breakthroughs amidst a physical setting, engaging with the latest developments in Cell and Molecular Biology through interactive displays and presentations.



**sihay**  
NATIONAL SCIENCE FOUNDATION

Email: [theupcells@gmail.com](mailto:theupcells@gmail.com)

[f](#) [x](#) /upcells [@](#) /theupcells



# U.P. Cell Biological Society

Institute of Biological Sciences

University of the Philippines Los Baños, Laguna, 4031 Philippines

## CELLpukan ng Talino at Galing 2023

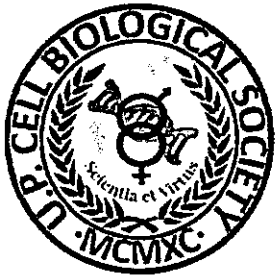
As the country recovers from the health crisis, college students from all over the country gather virtually to compete in a nerve-wracking extramural Biology quiz contest. The battle of wit and wisdom does not only bestow rewards and recognition to the victorious teams but also promotes and forges their mas



**sihay**  
NATIONAL BICENTENNIAL 2024

Email: [theupcells@gmail.com](mailto:theupcells@gmail.com)

[f](#) [x](#) /upcells [@](#) /theupcells



# U.P. Cell Biological Society

Institute of Biological Sciences  
University of the Philippines Los Baños, Laguna, 4031 Philippines

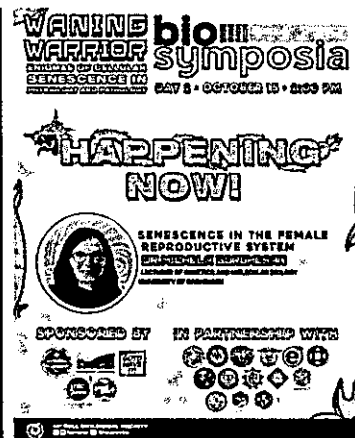
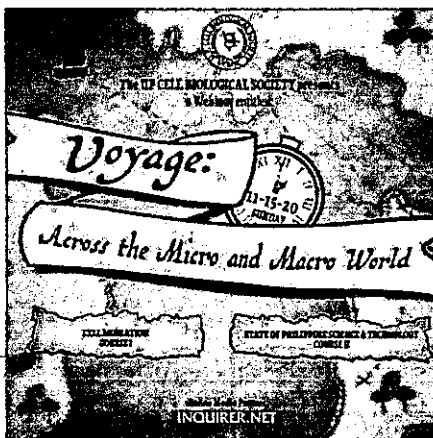
## Open Tambayan

A peculiar and festive occasion formed out of UP Cells' insurmountable gratitude. The university's stakeholders are welcomed with appetizing food varieties prepared by the organization, cherishing the spirit of thanksgiving together.



## Education Webinar

A virtual symposium, led by locally and internationally esteemed resource persons, explores and scrutinizes recent advancements in Cell and Molecular Biology and its impact in the scientific community. Academic institutions and sponsors nationwide collaborate with the organization to benefit hundreds of online attendees, including students, professionals, and experts, all united by their interest in Biology and its progress.

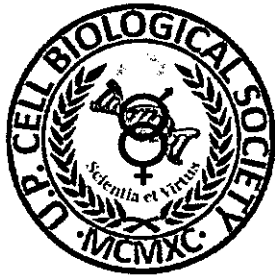


**sihay**  
NATIONAL SCIENCE CENTER

Email: [theupcells@gmail.com](mailto:theupcells@gmail.com)

[f](#) [x](#) /upcells [@](#) /theupcells





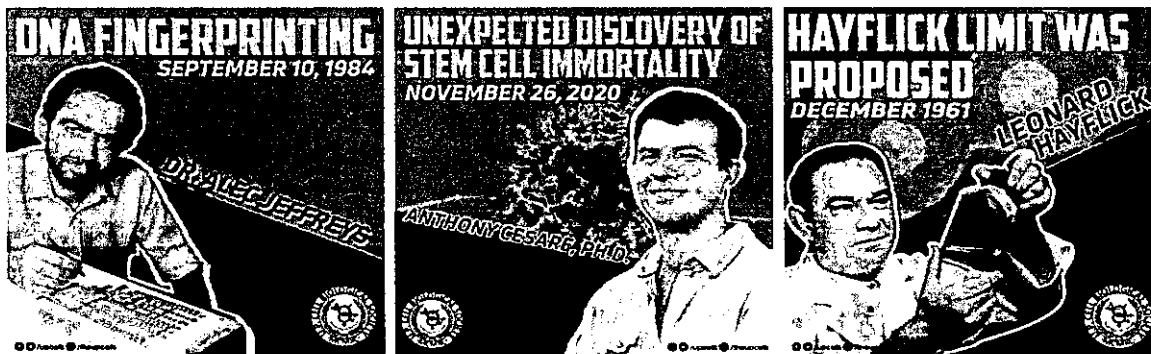
# U.P. Cell Biological Society

Institute of Biological Sciences

University of the Philippines Los Baños, Laguna, 4031 Philippines

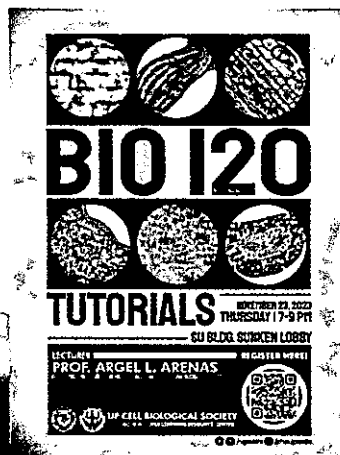
## MONTHLY TRIVIA

A scientific reminiscence of hallmarks in Cell and Molecular Biology encapsulated in a monthly trivia. Featuring distinguished scientists, discoveries, and crucial events, each is published and displayed on the organization's social media platforms to pique the viewer's interest and forge their understanding in biology.



## EDUCATIONAL DISCUSSIONS

Many students struggle to keep up with their Biology courses, which is why the organization leads educational discussions to benefit those taking specific courses and prepare for exams. UP Cells set off a face-to-face tutorial in BIO 120, a notorious Biology course for its complexity, that was held in the SU Building last November 2023. Enrolled students had the opportunity to attend the tutorial as preparation for their upcoming exams.

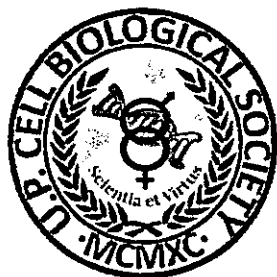


# sihay

NATIONAL ROYAL UNIVERSITY

Email: [theupcells@gmail.com](mailto:theupcells@gmail.com)

[f](#) [x](#) /upcells [@](#) /theupcells



# U.P. Cell Biological Society

Institute of Biological Sciences  
University of the Philippines Los Baños, Laguna, 4031 Philippines

## OUTREACH PROGRAMS

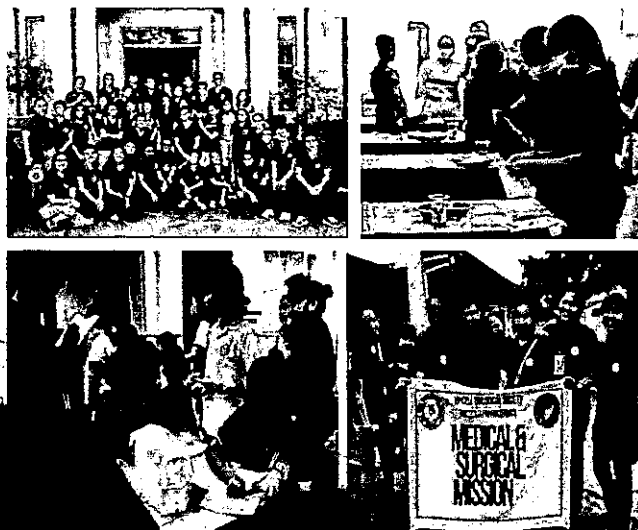
### Panuluyan

An annual welfare program aimed at benefiting members of disadvantaged groups is conducted by the organization's supervising body. The team travels to the recipient's location and spreads charity through a series of informative lectures, academic discussions, and recreational activities. This year's Panuluyan program focused on Tahanan ng Pagmamahal Children's Home, a refuge for homeless and mistreated orphans located in Brgy. Sagad, Pasig City.



### Medical and Surgical Mission

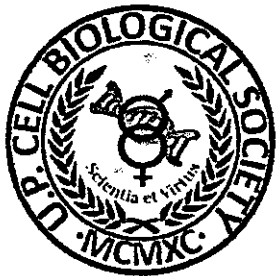
A collaborative effort between the organization and its former affiliates, in partnership with the medical community, aims to provide free and comprehensive healthcare services to underserved and impoverished areas. This people-centric engagement intends to fuel the fire burning compassion, empathy, and volunteerism among stakeholders and recipients.



**sihay**  
NATIONAL CIVIL SERVICE CENTER

Email: [theupcells@gmail.com](mailto:theupcells@gmail.com)

[f](#) [x](#) /upcells [@](#) /theupcells



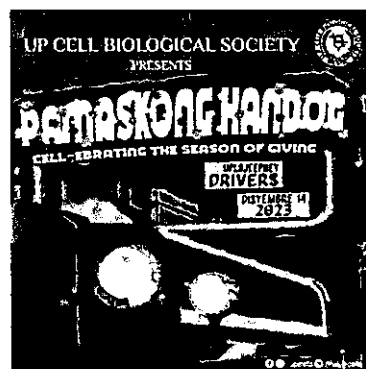
# U.P. Cell Biological Society

Institute of Biological Sciences

University of the Philippines Los Baños, Laguna, 4031 Philippines

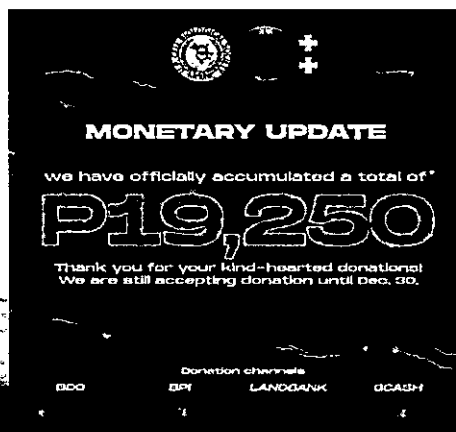
## Donation Drives

"Pamaskong Handog: Cell-ebrating The Season Of Giving" is a donation drive that offer support to our jeepney drivers. This aims to provide assistance that they can use in their daily work. Every donation is important for their safety and comfort. This is an avenue to show gratitude for their tireless service, especially this Christmas season.



## Online Benefit Concerts

The integration of the organization's socio-cultural events and online benefit concerts is a symbol of generosity and charity. During the pandemic, the organization is raising funds to aid its chosen beneficiaries using mainly Facebook Live and other social networking sites. Resident members showcase their talents during a "Socio-Cultural Night (SCN)" that is streamed on Facebook with the aim of collecting financial aid and bringing excitement and joy to viewers.

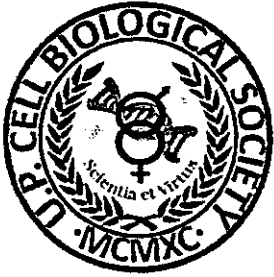


# sihay

NATIONAL GOVERNMENT SERVICE TRAINING CENTER

Email: [theupcells@gmail.com](mailto:theupcells@gmail.com)

[f](#) [x](#) /upcells [@](#) /theupcells



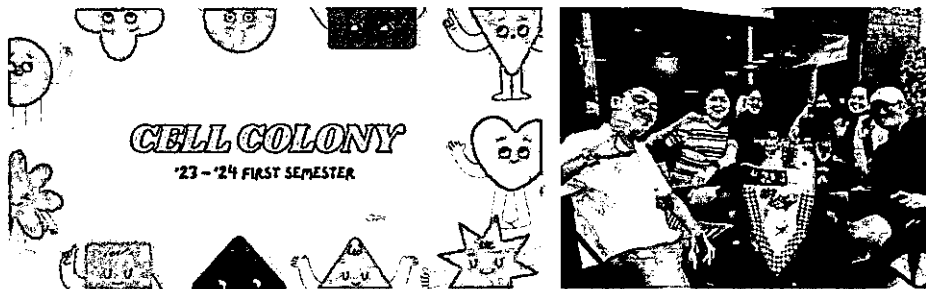
# U.P. Cell Biological Society

Institute of Biological Sciences

University of the Philippines Los Baños, Laguna, 4031 Philippines

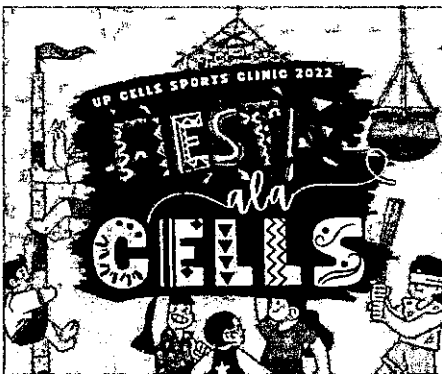
## CELL COLONY

As an organization that values strong interpersonal relationships among its members, UP Cells holds various intra-organization events aimed at enhancing not only their social health but also their overall well-being. This academic year, an in-person event called "Cell Colony," which brought small groups of resident members together for social hangouts, took place.



## SPORTS CLINIC

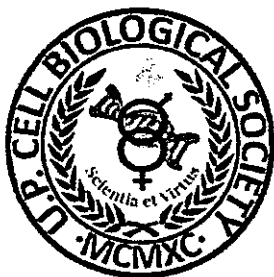
The spirit of sports is an aspect that has always been highly regarded and integrated for the holistic growth of the organization. All residents, regardless of athletic ability, come together to participate in team-building activities and play sports such as basketball, volleyball, and badminton. This strengthens their bonds and makes it easier for them to approach each other when needed.



**sihay**  
NATIONAL ORGANIZATION OF STUDENTS

Email: [theupcells@gmail.com](mailto:theupcells@gmail.com)

[f](#) [X](#) /upcells [@](#) /theupcells



# U.P. Cell Biological Society

Institute of Biological Sciences

University of the Philippines Los Baños, Laguna, 4031 Philippines

## ABOUT SIHAY

In its inception, SIHAY National Biology Olympiad (SIHAY NBO) started as a Biology Quiz Contest as a regional inter-high school quiz competition on February 8, 1997, at the D.L. Umali Hall. Hailed as the organization's flagship event and culminating activity for Cell Week, SIHAY is the Filipino translation for "cell," originating from the union of si- (silid) and -hay (na may buhay).

Committed to being at the frontier of promoting academic excellence, SIHAY has developed progressively through the years. It included other activities such as laboratory techniques demonstration, poster-making, and essay-writing contests and became known as the SIHAY Biology Competition. In 2006, the first-ever SIHAY Biology Congress was held, with wider sets of activities such as workshops, seminar series, and research competitions. Eventually, the target audience widened: from being a Luzon-wide activity, it became nationwide in 2016.

In 2017, it became the SIHAY National Biology Olympiad, opening its gates to the entire country. Marking its 20th year, it was dubbed as an OLYMPIAD — similar to the Greek's quadrennial culmination of athleticism through their Olympic games — to commemorate the fourth quadrennial anniversary of immense revolutions Cell Biology, and the two glorious decades of awakening the inner biologists in the Filipino Youth, giving rise to today's visionaries in biology. In its entirety, it was the realization of the visions through which this event was built upon — shaping the future of biology in our country, one student at a time.

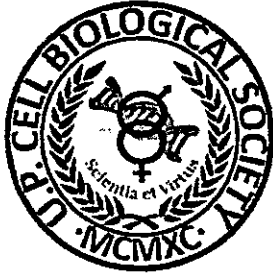
For its 23rd year, SIHAY NBO took on a new facet as it launched the SIHAY.plugged, the first-ever online installment of SIHAY! Over the past three years, SIHAY.plugged consistently concluded with flying colors despite being held virtually. As it embarks on its 26th year, SIHAY once again launches with the theme "Radiant Revelation: Beaming into Biotechnology through Biophotonics". SIHAY aims to tackle Biophotonics by transitioning its sub-events into an on ground set-up maintaining its quality and capability to uplift the youth's awareness of Cell Biology.

SIHAY will constantly aim to inculcate among its participants the biological and holistic excellence (exemplified by competitions such as poster-making, amazing race, science feature writing, research competition, impromptu speaking, and quiz contest); academic scholarship (through symposia and techniques demonstration); most importantly, camaraderie and harmony — the same virtues upon which the organization was founded.

**sihay**  
NATIONAL BIOLOGY OLYMPIAD

Email: [theupcells@gmail.com](mailto:theupcells@gmail.com)

[f](#) [x](#) /upcells [@](#) /theupcells



# U.P. Cell Biological Society

Institute of Biological Sciences

University of the Philippines Los Baños, Laguna, 4031 Philippines.

## SIHAY NATIONAL BIOLOGY OLYMPIAD PROFILE

1. This 26th year, SIHAY NBO is now taking on a new dimension as an on-ground event with the theme **"Radiant Revelation: Beaming into Biotechnology through Biophotonics"**. SIHAY aims to tackle Biophotonics in enhancing youth awareness of Cell Biology through immersive experiences. SIHAY will constantly aim to inculcate among its participants the biological and holistic excellence (exemplified by competitions such as poster-making, amazing race, science feature writing, research competition, impromptu speaking, and quiz contest); academic scholarship (through symposia); most importantly, camaraderie and harmony — the same virtues upon which the organization was founded.
2. The activity shall be conducted and documented by the Publications and Documentations Team of UP Cell Biological Society.
3. For coordination and concerns on the SIHAY National Biology Olympiad 2024, kindly contact our Educational Committee Head at the following contact number and/or the official SIHAY contact details:

Mr. Andrey Emmanuel D. Morales (0929 828 8871)

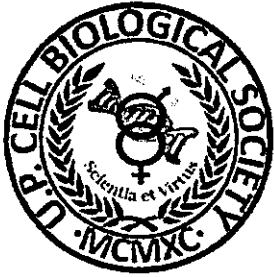
Facebook page: [facebook.com/SIHAYNBO/](https://facebook.com/SIHAYNBO/)

Email Address: [sihaynbo@gmail.com](mailto:sihaynbo@gmail.com)

**sihay**  
NATIONAL BIOLOGY OLYMPIAD 2024

Email: [theupcells@gmail.com](mailto:theupcells@gmail.com)

[f](#) [X](#) /upcells [@](#) /theupcells



# U.P. Cell Biological Society

Institute of Biological Sciences

University of the Philippines Los Baños, Laguna, 4031 Philippines

## THREE-YEAR DEVELOPMENT PLAN OF SIHAY NATIONAL BIOLOGY OLYMPIAD

Committed to provide an avenue for young, aspiring high school students an opportunity to excel in the biological arena, SIHAY has catered a more diverse and immense activities in the biological field. For this year's installment, its components comprise the Science Feature Writing, Digital Poster-Making, Impromptu Speaking, and Biology Quiz Contest, all to foster biological and holistic excellence, as well as the Research Olympiad to test the academic zeal and scholarship of the participants.

In recent years, SIHAY's theme focused on shaping the future of Biology through the Filipino youth by involving the current advancement in Biophotonics. However, for this year, the organization attempts to broaden its horizons by looking through prominent researches and studies centered on Biophotonics.

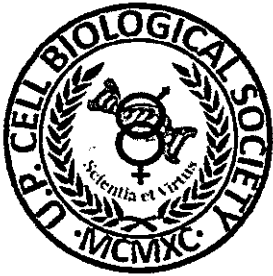
- 2014: "Recognizing the Role of Biotechnology in Conquering Global Climate Crisis"
- 2015: "Strengthening Biotechnology Through Integrative Education Towards a Progressive Community"
- 2016: CONVERGE: "Connecting Biotechnology and Ecology to Create Solutions Towards Conserving Biodiversity"
- 2017: "IMMUNOVATION: Fortifying Our Natural Defensive Armors Through Biotechnology"
- 2018: "METASTATIC CASCADE: Hijacking Growth and Invasion of Cancer Cells Through Biotechnology"
- 2019: "PINNACLE POTENTIAL: Tracing the Paths of Differentiation and Repair in Stem Cell Biotechnology"
- 2020: "CELLULAR CONTRIVANCE: Biomimetics in Tissue Engineering and Nanoscale Biotechnology" (cancelled due to COVID-19)
- 2021: "DECODING ARCHIVES: Unravelling the Biologic Code through Molecular Data Acquisition and Analysis"
- 2022: "NEOTERIC SPECK: Zooming into the Particle Dimension of Nanobiotechnology"
- 2023: "FLUIDIC FRONTIER: Navigating the Science of Microfluidic Transformation"
- 2024: "RADIANT REVELATION: Beaming into Biotechnology through Biophotonics"

SIHAY NBO has always been a platform for harnessing and traversing the capabilities of its delegates and members. Through the years, the organization has continuously sought for its extensive development by incorporating additional sub-events that would fortify the students' learning. As such, it was able to open its borders Luzon-wide in 2016's SIHAY Congress and nationwide in 2017's SIHAY NBO. SIHAY is set apart from other competition for it offers unity in the diversity of biological subfields and encourages the youth to excel in their chosen scopes.

**sihay**  
NATIONAL BIOLOGY OLYMPIAD

Email: [theupcells@gmail.com](mailto:theupcells@gmail.com)

[f](#) [X](#) /upcells [@](#) /theupcells



# U.P. Cell Biological Society

Institute of Biological Sciences

University of the Philippines Los Baños, Laguna, 4031 Philippines

Even virtually, SIHAY has opened its borders nationwide through SIHAY.plugged last 2021 bringing biology to the comfort of the students' homes without compromising their appreciation of Cell Biology. SIHAY is set apart from other competition for it offers unity in the diversity of biological subfields and encourages the youth to excel in their chosen scopes.

In four years, SIHAY is envisioned to be eminent, notable, and accessible. The organization aspires that SIHAY will be even more advanced in the activities it offers and will be able to provide high school students the skills needed to compete internationally. The possible plans that can be adapted to meet DepEd's requirements are as follows:

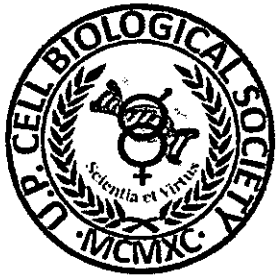
1. Sponsor the winner of SIHAY National Biology Olympiad (SIHAY NBO) to the International Biology Olympiad (IBO), a science Olympiad for high school students that caters to 70 participating countries across the five continents. Four winners of a country's National Biology Olympiad must be sent to IBO accompanied by two adults who are members of the international jury.
2. Provide a funding and research grant to a student who won the presentation of the research proposals.

**sihay**  
NATIONAL BIOLOGY OLYMPIAD 2021

Email: [theupcells@gmail.com](mailto:theupcells@gmail.com)

[f](#) [x](#) /upcells [@](#) /theupcells





# U.P. Cell Biological Society

Institute of Biological Sciences

University of the Philippines Los Baños, Laguna, 4031 Philippines

## PROGRAM OF ACTIVITIES

### Contests and Sub-Events

1. **Bio-techniques** – presents recent advancements in biology and biological instruction to students and educators in the hope of using this knowledge to innovate their learning and teaching styles and methods for the advancement of biological education.
2. **Science Feature Writing** – showcases the participants' ability to integrate information contained in a set of journal articles and create an understandable, interesting, and creative feature article through a masterful use of language and prior biological knowledge.
3. **On-the-Spot Poster Making** – allows students to channel creativity and artistry in the biological thought. The contest is directed to integrate biology with tangible materials to produce art.
4. **Junior Life Sciences Research Olympiad** – allows students to present research projects in conformity with the ethics statement set by this competition (as adapted from Intel International Rules for Pre-college Science Research: Guidelines for Science and Engineering Fairs 2015-2016 and National Science and Technology Fair 2015-2016 Mechanics)
5. **Biology Quiz Olympiad** – aims to showcase the participant's comprehensive knowledge in biology as well as their critical thinking skills.
6. **Impromptu Speaking** – aims to assess the participants' abilities to think critically, communicate effectively, present their research clearly, react to unexpected prompts, exhibit their comprehension of the study subject, and acquire public speaking experience.
7. **Amazing Race** - allows participants to navigate through a series of hands-on challenges, showcasing their scientific acumen, problem-solving skills, and teamwork. This dynamic race aims to assess their ability to apply biological concepts in real-world scenarios, fostering a deeper understanding and passion for the life sciences.

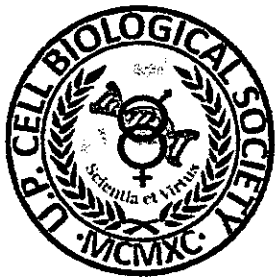
### Target Participants

For SIHAY 2024, the target participants remain to be Filipino high school students, ranging from Grades 7 to 12 students, from public and private schools across the country.

**sihay**  
NATIONAL SCIENCE CONGRESS 2024

Email: [theupcells@gmail.com](mailto:theupcells@gmail.com)

[f](#) [x](#) /upcells [@](#) /theupcells



# U.P. Cell Biological Society

Institute of Biological Sciences

University of the Philippines Los Baños, Laguna, 4031 Philippines

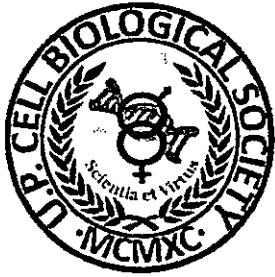
## SIHAY NBO Details

<p><b>Contact Numbers</b></p>	<p><b>SIHAY NBO Heads</b>          Andrey Emmanuel D. Morales (0929 828 8871)          Earl David B. Delos Santos (0905 425 2292)          Jan Kenneth Angelo I. Gonzales (0945 753 3313)          Samantha Marie A. Arnesto (0998 347 2796)          Jazelrem V. Dungaran (0956 670 3219)          Ylmaz Andrei M. Diaz (0905 246 0081)          Arnold Julius Ancheta (0977 278 1344)          Cristelle Jane A. Reloza (0927 784 1572)          Paulyn Jamalma Faith B. Alonzo (0920 133 9491)          James Ivan M. Dela Cruz (0946 901 6010)          Kristine Kurl R. Barraca (0977 044 9838)          Unna Shanti Z. Milanes (0946 011 2784)          Julian Jeremiah A. Gan (0960 021 7664)          Jasmine Faye P. Mercado (0945 400 1403)          Christine Joy S. Liwanag (0950 841 0270)          Jamie Abbygale R. Banhaon (0917 109 0824)          Crystal Shekinah V. Macayan (0947 244 4061)          Kristine Zhanille J. Ferreras (0956 086 2544)          Aeris Julienne M. Felipe (0956 135 0225)          Crissha Jill L. Mangalindan (0926 061 9300)</p>
<p><b>SIHAY Email</b></p>	<p><a href="mailto:sihaynbo@gmail.com">sihaynbo@gmail.com</a></p>
<p><b>SIHAY Online Portals</b></p>	<p><a href="https://facebook.com/SIHAYNBO/">facebook.com/SIHAYNBO/</a>  <a href="https://twitter.com/sihaynbo/">twitter.com/sihaynbo/</a></p>

**sihay**  
NATIONAL SOCIETY OF CELL BIOLOGISTS

Email: [theupcells@gmail.com](mailto:theupcells@gmail.com)

[f](#) [x](#) /upcells [@](#) /theupcells



# U.P. Cell Biological Society

Institute of Biological Sciences

University of the Philippines Los Baños, Laguna, 4031 Philippines

## 2024 Schedule of Activities

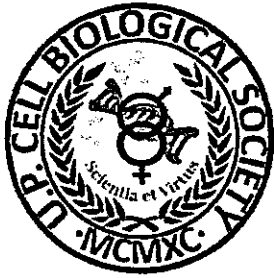
\*subject to change without prior notice\*

Date	Event and Activity
April 13	Opening Program Exhibit Tour Science Feature Writing Contest Poster Making Contest Impromptu Speaking Contest Amazing Race
April 14	Junior Life Science Research Olympiad Biotechniques for Students and Teachers Biology Quiz Olympiad Awarding and Closing Ceremonies

**sihay**  
NATIONAL BIOLOGICAL SOCIETY OF THE PHILIPPINES

Email: [theupcells@gmail.com](mailto:theupcells@gmail.com)

[f](#) [x](#) /upcells [@](#) /theupcells



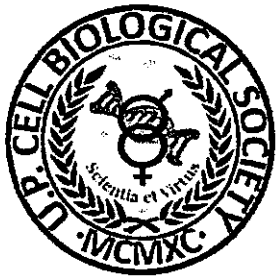
# U.P. Cell Biological Society

Institute of Biological Sciences

University of the Philippines Los Baños, Laguna, 4031 Philippines

## RESIDENT MEMBERS' DIRECTORY

Abanto, Desiree Kyle P.	Bay, Laguna
Abayan, Ryan Christian U.	Tanza, Cavite
Acebucho, Zedane Allen S.	Sorsogon City, Sorsogon
Aguilar, Patrick Lawrenz D.	Pila, Laguna
Alonzo, Paulyn Jamaima Faith B	Balanga City, Bataan
Ancheta, Arnold Julius	San Mariano, Isabela
Arnesto, Samantha Marie A.	Tanza, Cavite
Asia, Anjela	San Pablo City, Laguna
Baccay, Miles Angelo, S.	Bayombong, Nueva Vizcaya
Balaba, Jerimae P.	Pitogo, Quezon
Balano, Grayshe Mae G.	Tanza, Cavite
Balmes, Shenika Paula G.	Batangas City, Batangas
Banhaon, Jamie Abbygale R.	Malate, Metro Manila
Bantillo, Aleah Pauline F.	Quezon City, Metro Manila
Barraca, Kristine Kurl, R.	Tanza, Cavite
Barrion, Ivane King C.	Calamba City, Laguna



# U.P. Cell Biological Society

Institute of Biological Sciences

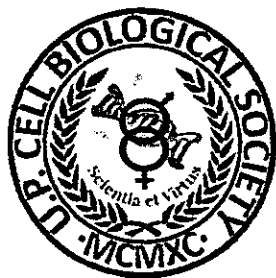
University of the Philippines Los Baños, Laguna, 4031 Philippines

Barro, Prince Jeomardy Feb T.	Virac, Catanduanes
Batacan, Angeleen Mae N.	Calamba, Laguna
Bato, Clarisse N.	Los Banos, Laguna
Beltran, Rohtel Lucky F.	San Pablo, Laguna
Braze, Rysell Mae L.	Pampanga
Brazil, Aaron John C.	Tondo, Manila
Buenafe, Anfernee E.	Lagonoy, Camarines Sur
Bugtong, Homer Kurt E.	La Trinidad, Benguet
Bulatao, Kianne Robin C.	Bay, Laguna
Calibo, Alvin D.	Canlubang, Calamba City
Camilo, Aivan Roi O.	Mariveles, Bataan
Candelario, Jesse A.	Lipa City, Batangas
Carurucan, Joverlyn A.	Los Banos, Laguna
Ching, Mikaela V.	Pila, Laguna
Cordial, Julian Jay C.	Casiguran, Aurora
Cruz, Agapito Jose L.	Katipunan, Zamboanga del Norte
Cruz, Chelsea Beyonce M.	San Mateo, Rizal

**sihay**  
INTEGRAL BIOLOGY

Email: [theupcells@gmail.com](mailto:theupcells@gmail.com)

[f](#) [x](#) /upcells [@](#) /theupcells



# U.P. Cell Biological Society

Institute of Biological Sciences

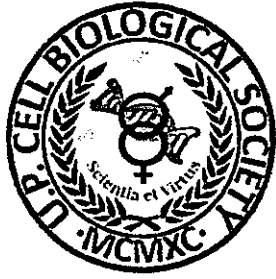
University of the Philippines Los Baños, Laguna, 4031 Philippines

Cueto, Quintin Karl O.	Pasig City, 1601
Cura, Ronelle Kim Veal J.	Taguig City, Metro Manila
De Guzman, Paula Bianca D.	Paranaque City, Metro Manila
De Leon, Jan Clemence D.	Abucay, Bataan
De Luna, Christine Anne P.	Sariaya, Quezon Province
Del Castillo, Ralf Aeimos M.	Sta. Rosa, Laguna
Dela Cruz, James Ivan M.	Catanauan, Quezon
Dela Mar, Ezekiel John D.	San Pablo City, Laguna
Delos Santos, Earl David B.	Olongapo City, Zambales
Descallar, Lillian Erika D.	Los Baños, Laguna
Díaz, Ylmaz Andrei M.	Taguig City, Metro Manila
Diño, Micah U.	San Pablo City, Laguna
Dungaran, Jazelrem, V	Sorsogon City, Sorsogon
Espeña, Ma. Christina Alexandria	Pasig City, Metro Manila
Estaco, Janssen Rae G.	Pasig City, Metro Manila
Estalilla, Gaea Iris V.	San Jose Del Monte, Bulacan
Evaristo, Clarise Marie S.	Nagcarlan, Laguna

**sihay**  
NATIONAL CENTER FOR SCIENCE AND TECHNOLOGY

Email: [theupcells@gmail.com](mailto:theupcells@gmail.com)

[f](#) [x](#) /upcells [@](#) /theupcells



# U.P. Cell Biological Society

Institute of Biological Sciences

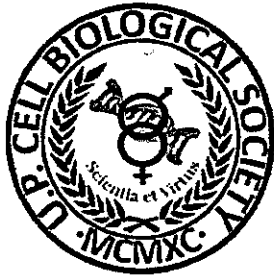
University of the Philippines Los Baños, Laguna, 4031 Philippines

Felipe, Aeris Julienne M.	Olongapo City, Zambales
Ferreras, Kristine Zhanille J.	Las Piñas City, Metro Manila
Francisco, Frizian Dylene T.	Taytay, Rizal
Galam, Francis Rey P.	Los Baños, Laguna
Gan, Julian Jeremiah A.	Las Piñas City, Metro Manila
Garcia, Ira Mikaela L.	Bay, Laguna
Garcia, Mark Angelo I.	Lucena, Quezon
Gonzales, Jan Kenneth Angelo I.	Quezon City, Metro Manila
Hemedes, Christine Monique G.	Cabuyao, Laguna
Hernandez, Patrick Dylan L.	Santo Tomas, Batangas
Hipolito, Danielle Ruth P.	Valenzuela City, Metro Manila
Jimenez, Patricia T.	Bulacan
Judloman, Jehu Ian DV.	Cainta, Rizal
Lacson, Maria Macrina S.	Pateros, Metro Manila
Laguidao, Rosanna D	Sorsogon City, Sorsogon
Lapis, Maria Angellian Patricia R.	Los Baños, Laguna
Leopardas, Maria Theresa C.	Bontoc, Southern Leyte

**sihay**  
NATIONAL COMMISSION ON SCIENCE AND TECHNOLOGY

Email: [theupcells@gmail.com](mailto:theupcells@gmail.com)

[f](#) [x](#) /upcells [@](#) /theupcells



# U.P. Cell Biological Society

Institute of Biological Sciences

University of the Philippines Los Baños, Laguna, 4031 Philippines

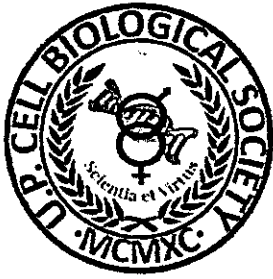
Linco, Angelo B.	San Mateo, Rizal
Lincuna, Carell A.	San Pedro, Laguna
Lituania, Aimee Grace B.	Calamba City, Laguna
Liwanag, Christine Joy S.	Makati City, Metro Manila
Lozanes, Joanna Celine C.	Gumaca, Quezon
Lumbang, Julius Ceazar L.	Arayat, Pampanga
Lupanggo, Athena Koleen	San Pablo City, Laguna
Macayan, Crystal Shekinah V.	Parañaque City, Metro Manila
Mangalindan, Crissha Jill L.	Los Baños, Laguna
Manuel, Philip Justin D.	Parañaque City, Metro Manila
Marquez, Aumarie B.	Tarlac City, Tarlac
Mercado, Irish M.	Los Baños, Laguna
Mercado, Jasmine Faye P.	Sta. Ana, Manila
Mercado, Laurice Elaine P.	Cambria, Bay, Laguna
Milanes, Unna Shanti Z.	Baguio City, Benguet
Morales, Andrey Emmanuel D.	Tanauan City, Batangas
Osias, Andrea Marie R.	Las Piñas City, Metro Manila

**sihay**  
NATIONAL SOCIETY OF THE PHILIPPINES

Email: [theupcells@gmail.com](mailto:theupcells@gmail.com)

[f](#) [x](#) /upcells [@](#) /theupcells





# U.P. Cell Biological Society

Institute of Biological Sciences

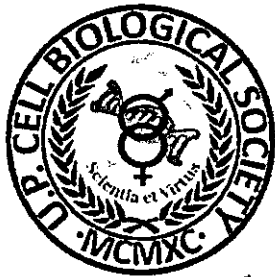
University of the Philippines Los Baños, Laguna, 4031 Philippines

Paner, Rafael Charles V.	Los Baños, Laguna
Panganiban, Daniel Geronimo R.	Amadeo, Cavite
Paragas, Mary Krizelle Veronica A.	Cainta, Rizal
Peñascosas, Maria Divine Joy A.	Quezon City, Metro Manila
Peralta, Krismer Elnor P.	Pasig City, Metro Manila
Perlado, Niña Pearlette P.	Tanza, Cavite
Perona, Precious Queenie, M.	San Pablo City, Laguna
Quiachon, Cedric Louiese A.	Los Baños, Laguna
Rafael, Julius Joaquin M.	Pasig City, Metro Manila
Ranera, Louis Bryan B.	Sta Rosa, Laguna
Ras, Jan Nerissa V.	Cambria, Bay, Laguna
Reloza, Cristelle Jane A.	Sto. Tomas City, Batangas
Sandoy, Greg Carlo M.	Maco, Davao de Oro
Sardea, Angel May D.	Baler, Aurora
Sarmiento, Lanz Vievgh F.	Taguig City, Metro Manila
Sauza, Sharie Hayley A.	San Pablo, Laguna
Silab, Mariellen C.	Los Baños, Laguna

**sihay**  
NATIONAL BIOLOGICAL SOCIETY

Email: [theupcells@gmail.com](mailto:theupcells@gmail.com)


 /upcells
  /theupcells



# U.P. Cell Biological Society

Institute of Biological Sciences

University of the Philippines Los Baños, Laguna, 4031 Philippines

Suiza, Sheliya Finn P.	Calauan, Laguna
Tamisin, Charlene May B.	Los Baños, Laguna
Tan, Dominic B.	Los Baños, Laguna
Tiongco, Dianne Rei V.	Los Baños, Laguna
Tiongson, Andrei Nikolai Y.	Los Baños, Laguna
Tolentino, Michael Angelo C.	Batangas City, Batangas
Valdepena, Ma. Sophia Blanca M.	Calamba City, Laguna
Valenzuela, Ma. Michelle C.	Baler, Aurora
Vega, Cyril Jonh F.	Vintar, Ilocos Norte
Villarente, Vian Nicole O.	Noveleta, Cavite

**sihay**  
NATIONAL ROYAL COLLEGE OF SCIENCE

Email: [theupcells@gmail.com](mailto:theupcells@gmail.com)

[f](#) [x](#) /upcells [@](#) /theupcells